



# NCARNG

# Weekly Safety Newsletter



May 1, 2015

## North Carolina State Safety Office Contacts

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For more information  
Visit us at [NCGKO](#)  
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For more Safety  
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[US ARMY  
SAFETY CENTER](#)



## Don't be a Victim

### Follow These Personal Safety Tips

The news is full of stories about people who have been raped, robbed, mugged, or otherwise assaulted, and everyone cringes when they hear these reports. Everyone - and this applies to residents of big cities, small towns, and even rural areas - need to be careful. If people are vigilant and take common-sense precautions, crime can be prevented.

#### Basic Street Smarts:

- Stay Alert: Be conscious of what, or who, is around you.
- Be Confident: Don't send out unconscious signals of vulnerability. Avoid the look of being alone, unaware of surroundings, confused or lost, or unaware of situation while speaking on cell phone. Look people directly in the eyes, know basic self defense moves and always have a plan of escape.
- Trust Your Instincts: Use your intuition. If something does not "feel right" remove yourself from the situation immediately.
- Know your surroundings: If you think someone is following you, switch directions or cross the street. If the person continues to follow you, move quickly toward an open store or restaurant or a lighted house. Don't be afraid to yell for help.



#### On Foot

- Don't Take Short Cuts. Stick to well-lit, well traveled streets.
- Don't Walk Alone. Walk with spouse, friend or group.
- Don't display your cash or any other inviting targets such as cell phones, hand-held electronic games, or expensive jewelry and clothing.
- Avoid using Automated Teller Machines at night where lighting and visibility to others is poor. Be cautious of other persons approaching you at the ATM.
- Be Prepared. Wear comfortable clothing when walking and always have an escape plan.



#### In The Car

- Keep your car in good running condition and keep your tank full when traveling to unfamiliar areas.
  - Keep windows up and doors locked when traveling in heavily congested areas with lots of foot and vehicle traffic.
  - Always park in a well-lit parking area near a streetlight.
- If followed, don't go directly home or to an isolated area. Go directly to a police station or well-lit, congested store and seek help.
- Never pick up hitchhikers.



#### If You Are Attacked

- Don't Panic. Take control of yourself and the situation.
  - If someone tries to rob you, give up your property—not your life!
  - Try to distract or confuse the assailant by screaming, running, etc.
  - If there is a weapon, remain calm, be cooperative, and negotiate.
  - If you are robbed or assaulted, report the crime to the police. Try to describe the attacker accurately.
- Your actions can help prevent someone else from becoming a victim.

\*\*Visit [www.ncdps.gov](http://www.ncdps.gov) or [www.ncpc.org](http://www.ncpc.org) for more information





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## Know the Symptoms Of a Stroke



Each year in the United States, there are more than 795,000 strokes. Stroke is the fourth leading cause of death in the country and causes more serious long-term disabilities than any other disease. Every second counts if you or someone you love is having a stroke. Just a few hours can make the difference between recovery or learning to walk and talk all over again—or worse still—death. That's why it's vital to recognize the following ten warning signs of a stroke. **If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.**

### 1. Loss of Balance

Often victims have trouble walking, lose their balance and coordination completely, and even have trouble sitting down without falling.

### 2. Weakness

A sudden loss of strength in the muscles of the face, arm, or leg can signal an oncoming stroke. Many patients complain of numbness or tingling in the left arm or shoulder that comes on suddenly and gradually worsens.

### 3. Facial Paralysis

Oftentimes a stroke inflicts the facial muscles, where one side of the face droops or goes totally numb so the face appears non symmetrical when they try to talk or smile.

### 4. Difficult Speech

If an individual suddenly has difficulty speaking or forming intelligent sentences, it can indicate a stroke. Observers often explain it as watching someone helpless trying to talk, or a look of sudden confusion on the affected person's face.

### 5. Impaired Vision

Blurred vision might only be temporary, but observers can test visual aptitude by asking the victim how many fingers they are holding up. If they can't tell, call 9-1-1.

### 6. Lack of Understanding

A person suffering a stroke will often have difficulty understanding certain statements and commands in the days leading up to the actual stroke

### 7. Headache

The sudden onset of a severe, debilitating headache or migraine is common prior to a stroke. In fact, many stroke victims explain a headache so painful that it feels like being struck by lightning, causes extreme nausea, and even collapse.



### 8. Loss of Sensation

In the days leading up to a stroke, it's common for a gradual, or even a total, loss of vibratory sensation (or feeling) on the skin.

### 9. Dizziness

Many victims of a stroke encounter a total loss of balance so severe that they feel like the world is spinning (i.e., vertigo).

### 10. Lack of Reflex

It is also common to experience a decrease or loss of reflex. For instance, many stroke victims complain of trouble swallowing when eating to the point where they gag.

\*\*For more information visit [www.activebeat.co/your-health/10-common-symptoms-of-a-stroke](http://www.activebeat.co/your-health/10-common-symptoms-of-a-stroke)

